

**ARIZONA DEPARTMENT OF CORRECTIONS
CORRECTIONAL CADET
MEDICAL PHYSICAL REQUIREMENTS FOR APPOINTMENT**

TO BE CONSIDERED FOR APPOINTMENT AS A CADET, A CANDIDATE SHALL:

1. Submit to a medical and a physical examination (**you may be required to disrobe**) by a designated physician and pass a pre-employment drug-screening test.
2. Be free of contagious, infectious or incapacitating conditions, that pose a significant risk of substantial harm to the health or safety of the individuals or others in the performance of duty and that cannot be eliminated or reduced by reasonable accommodation.
 - Seizure disorders - applicant must be seizure free for one year prior to training – Training Release required and statement from provider stating stability of condition.
3. Be medically and physically capable of completing the required training and achieving acceptable job performance as a Corrections Officer.
4. Have resting pulse rate less than or equal to 100 beats per minute. Systolic blood pressure less than **140**, diastolic less than **90**, and no evidence of abnormal rhythm. Applicant has five readings to achieve normal blood pressure over a two-day period.
5. Have sufficient physical stamina and physical fitness to satisfactorily perform all the essential job functions of a CO.
6. Have vision of at least 20/50 in each eye with or without correction. Peripheral vision with a minimum horizontal vision of 170 degrees and the ability to distinguish basic colors against a favorable background.
7. Psychotropic Medications – Stable medications (stable means on same medication at least two months) approved

8. PHYSICAL CAPABILITIES:

AEROBIC CAPACITY	ABILITY TO PERFORM		50% COTA GRADUATION	
AGES	WOMEN	MEN	WOMEN	MEN
20-29			16.35	13.43
30-39			17.48	13.45
40-49			18.54	15.33
50-59			19.48	16.51
60-69			21.29	18.57

1.5 Mile Run as a substitute for VO2 max standards

PUSH-UPS (60 SECONDS)	ABILITY TO PERFORM		50% COTA GRADUATES	
AGES	WOMEN	MEN	WOMEN	MEN
20-29			16	24
30-39			14	19
40-49			12	13
50-59			9	10
60-69			6	9

SIT-UP (60 SECONDS)	ABILITY TO PERFORM		50% COTA GRADUATION	
AGES	WOMEN	MEN	WOMEN	MEN
20-29			27	34
30-39			21	28
40-49			16	23
50-59			7	20
60-69			5	13

GRIP STRENGTH (pounds)	25% RUSH APPLICANT		50% COTA GRADUATES	
AGES	WOMEN	MEN	WOMEN	MEN
20-29	30	30	62	107
30-39	30	30	62	107
40-49	30	30	61	104
50-59	30	30	56	97
60-69	30	30	52	88

FLEXIBILITY (INCHES)	25% RUSH APPLICANT		50% COTA GRADUATES	
AGES	WOMEN	MEN	WOMEN	MEN
20-29	11.0	9 3/4	13 1/4	12
30-39	10 1/2	9.0	13.0	11 1/4
40-49	9 3/4	7.0	12.0	9 3/4
50-59	9 3/4	6 1/4	11 3/4	9 3/4
60-69	9.0	5 3/4	11.0	8 1/2

UPPER AND LOWER BODY STRENGTH	(MEN AND WOMEN) - LIFT A WEIGHT OF 50 LBS. FROM THE FLOOR TO THE WAIST
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9. Applicants must have a single pure tone threshold of not worse than **40** decibels at 500, 1,000, 2,000, and 3,000 hertz in the better ear. If the applicant's pure tone threshold is greater than 40 in the worse ear, than the average (500, 1,000, 2,000, and 3,000 hertz) does not differ more than 10db from the average of the better ear. A hearing appliance is permitted during the test.
10. Have a pulmonary function test, which indicates that the candidate is free of obstructive lung disease. (FEV-1 Greater than or equal to 70% of predicted value and FVC greater than or equal to 70% of predicted value.)
11. Have a Complete Blood Count that demonstrates no evidence of anemia:
 - Hemoglobin - below 12 requires further evaluation and clearance
 - Hematocrit – below 35 requires further evaluation and clearance
 - WBC – more than two times normal (over 20) requires further evaluation

12. Have SMAC that demonstrates no evidence of:
 - Abnormal liver enzymes:
 - More than one liver enzyme elevated >3X normal or any 2 elevated > 2 X normal, requires an evaluation for liver disease.
 - SGOT
 - SGPT
 - GTT
 - Alkaline Phosphates
 - No Evidence of metabolic abnormality
 - Glucose over 125 requires a repeat (fasting) further evaluation, if over 125 is diabetic and will trigger an evaluation.
 - Type I Diabetes – Hemoglobin A1C-more than 7.0 requires further evaluation
 - Type II Diabetes is approved
 - No evidence of kidney dysfunction.
 - Creatinine count more than 1.5 requires further evaluation
 - No evidence of metabolic abnormality
 - Albumin or Globulin that is more than 2 times the normal requires further evaluation
 - Calcium that is 12 or above requires further evaluation
13. Urinalysis - No abnormalities:
 - Glucose – over a trace requires further evaluation
 - Protein – over 2 plus requires further evaluation
 - Blood – above trace requires further evaluation
 - Specific gravity must be over 1002 and not over 1030
13. Varisella titer – must show evidence of immunity (history of, titer if unknown or never had chickenpox)
 - Can consent for immunization and begin the series if non-immune

PHYSICAL ABILITY STANDARDS

Entry into the Correctional Officer Training Academy (COTA) requires the demonstrated ability to perform the physical ability standards. Graduation from COTA requires the ability to meet the 50% percentile physical fitness standards. Applicants should maintain a physical fitness-conditioning program while in the selection process.